

# WEEKLY EPIDEMIOLOGIST REPORT

May 6, 2024



**Central  
Connecticut  
Health  
District**

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## NATIONAL RESPIRATORY & ENTERIC VIRUS SURVEILLANCE SYSTEM (NREVSS)

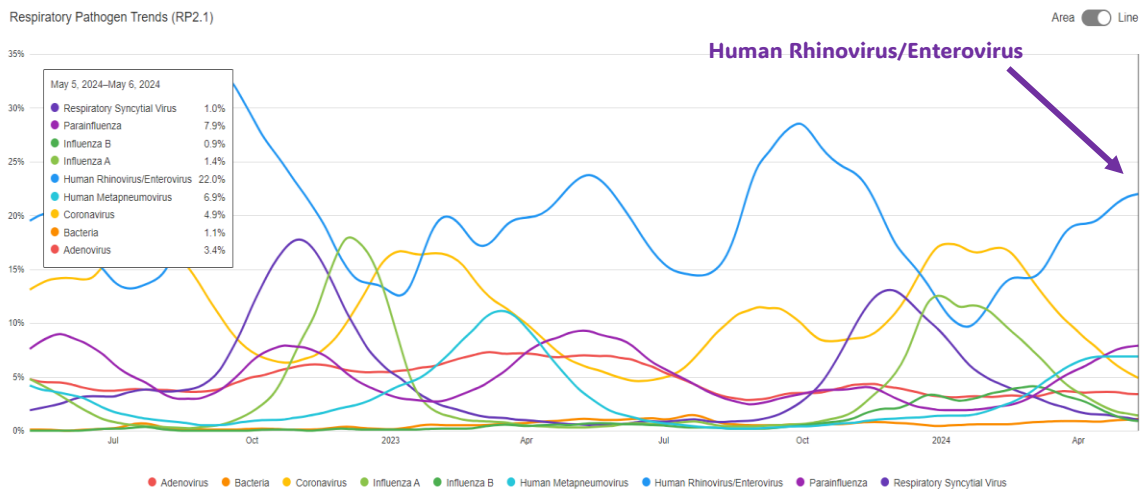
The National Respiratory and Enteric Virus Surveillance System (NREVSS) is a laboratory-based system that monitors temporal and geographic circulation patterns (patterns occurring in time and place) of respiratory syncytial virus (RSV), human parainfluenza viruses (HPIV), human metapneumovirus (HMPV), respiratory adenoviruses, human coronavirus, and gastrointestinal viruses: rotavirus, and norovirus. Participating laboratories report the total weekly aggregate tests performed to detect these viruses, and the weekly aggregate positive tests to the CDC; Middlesex and Yale are the only contributing health organizations in Connecticut. They also report the specimen type, location, and week of collection. NREVSS allows for timely analysis of data to monitor viral seasons and circulation patterns. Data from NREVSS was updated **April 25, 2024**.

**Norovirus test positivity remains elevated in the Northeast at 12.2%.** Norovirus is the leading cause of vomiting and diarrhea, and foodborne illness in the United States. It appears norovirus activity has persisted for quite some time in the Northeast.

**Rotavirus antigen detection in the Northeast is elevated-** 20 % of the specimens sent to the CDC for testing were positive for the rotavirus antigen. [Rotavirus](#) is characterized by vomiting and watery diarrhea for three to eight days. Children may develop rotavirus disease more than once because neither vaccine nor natural infection provide full immunity from future infections.

### BIOFIRED SYNDROMIC TRENDS:

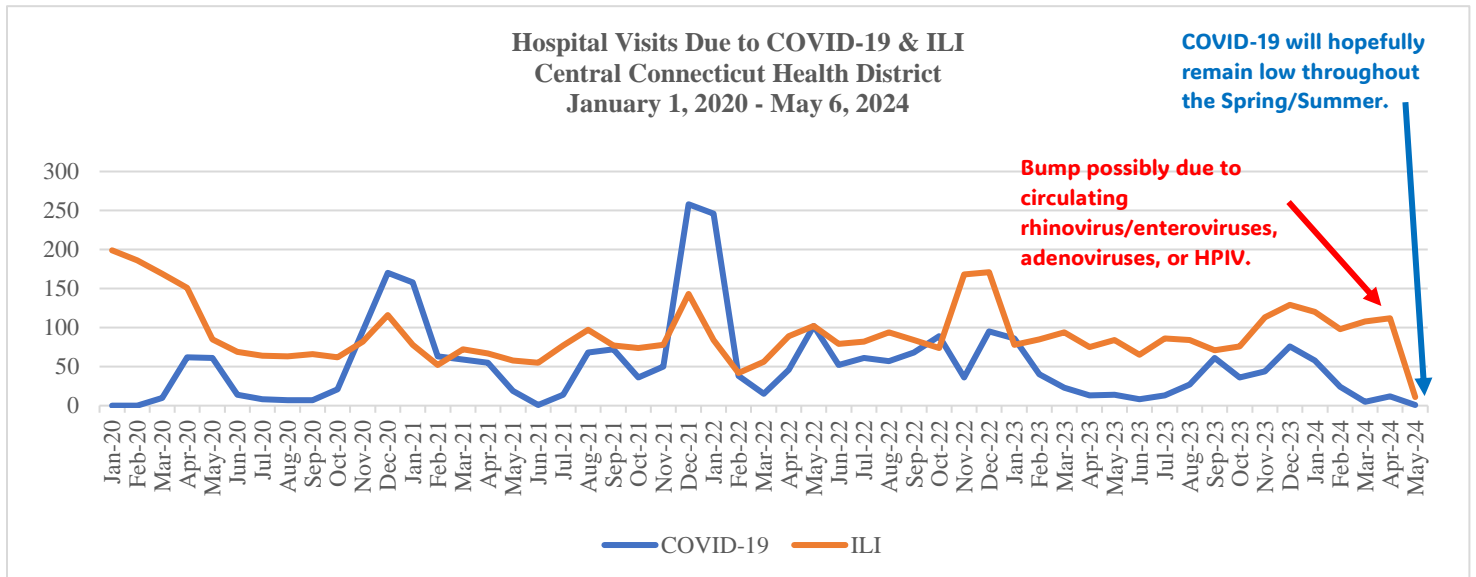
Data for BIOFIRE syndromic trends comes from hospital and clinical users of BIOFIRE clinical diagnostic systems for detecting infectious disease pathogens and that have joined the data aggregating program, BIOFIRE Syndromic Trends. Data is exported in near real-time. The figure below shows the three-week centered detection rates. It appears that most reporting clinicians are detecting Human Rhinovirus/Enterovirus in patients being seen for respiratory illness (22%).



Rhinoviruses are the most frequent cause of the common cold. There are many different rhinovirus types. Rhinoviruses are part of the same virus group as non-polio Enteroviruses. Symptoms for these viruses typically last seven days but can last up to two weeks. Symptoms can include coughing, sneezing, runny nose, nasal congestion, sore throat, headache, body aches, and fever. Rhinoviruses can also exacerbate asthma, cause middle ear infections, sinusitis, bronchitis, or pneumonia.

## LOCAL RESPIRATORY SYNDROMIC SURVEILLANCE

CCHD collects syndromic surveillance data from the EpiCenter database. Data for COVID-19 and Influenza-like Illness (ILI) is as of **May 6, 2024**. The line graph to the right illustrates the number of hospital visits due to COVID-19 (those experiencing symptoms with a COVID-19 diagnosis) and those experiencing ILI (having a fever and a cough or sore throat) in our district. It is important to note that other circulating respiratory viruses can present as ILI.



## SITUATIONAL AWARENESS UPDATES:

### **Highly Pathogenic Avian Influenza (HPAI)**

Avian influenza A(H5N1) continues to circulate nationally in wild birds. The risk for HPAI infection in Connecticut is low. The CDC is working in collaboration with the U.S. Department of Agriculture (USDA), the Food and Drug Administration (FDA), state public health and animal health officials, and other partners using a [One Health](#) approach. Currently, one human case has been confirmed in a person with exposure to presumably infected dairy cows reported by Texas on April 1, 2024. For more information on HPAI please visit:

<https://portal.ct.gov/doag/regulatory/regulatory/avian-influenza-information>

### **Measles**

As of **May 2, 2024**, a total of 131 measles cases (+3 since last reporting period) were reported in 21 States (AZ, CA, FL, GA, IL, IN, LA, MD, MI, MN, MO, NJ, NY, NYC, OH, PA, VA, VT, WA, WV, & WI) since January 1, 2024. Wisconsin recently reported cases of measles. Of the 131 cases, 70 (53%) have been hospitalized for isolation or management of measles complications. 81% of the cases were unvaccinated or had an unknown vaccination status; while 14% only received one dose of MMR vaccine previously and 5% received the full series (two doses). For more information on measles please visit: <https://www.cdc.gov/measles/index.html>

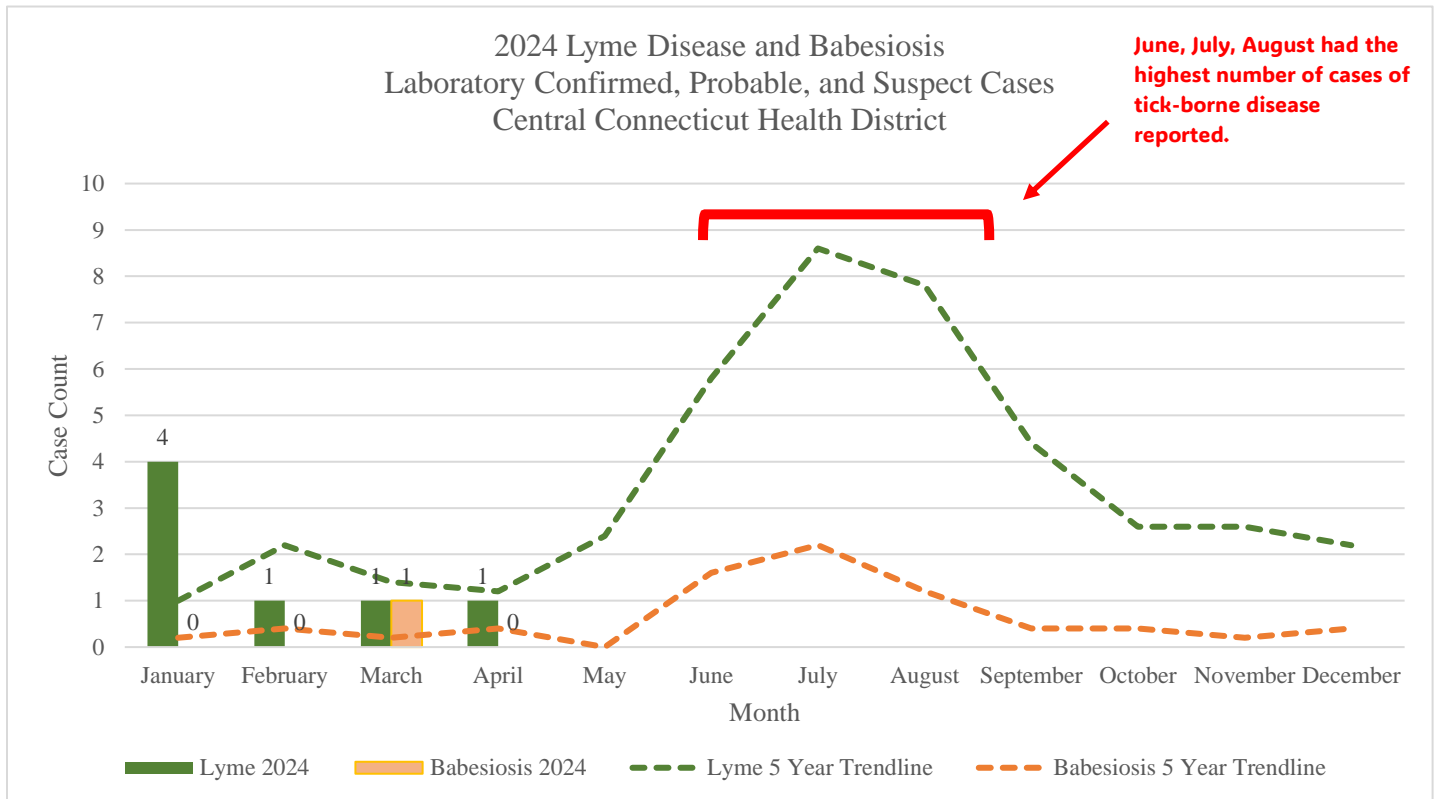
## PREVENTION

The best way to prevent the spread of infectious respiratory or gastrointestinal illness is to:

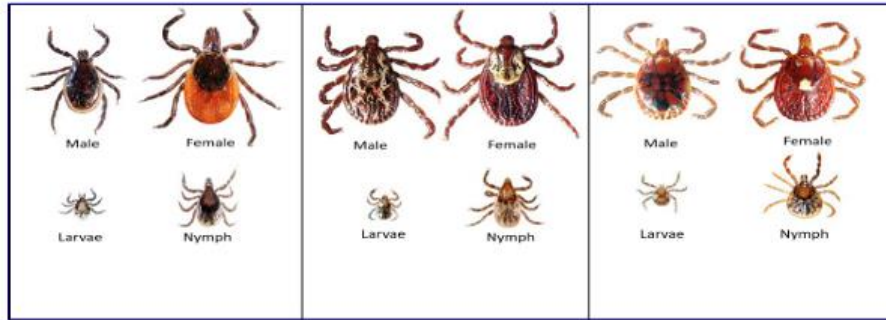
- Cover your cough and sneezes,
- [Wash your hands often](#),
- Get vaccinated,
- Stay home when you are ill,
- Consider wearing a well-fitted mask in crowded places,
- Minimize close contact with sick people,
- Frequently clean and disinfect high touch surfaces (light switches, countertops, and doorknobs),
- Eat healthy, well-balanced meals, and
- Stay hydrated.

## TICK-BORNE DISEASES

The figure below illustrates the five-year trendlines (cases from 2019-2023) of Lyme Disease and Babesiosis and 2024 laboratory confirmed, suspect and probable cases. As you can see the months of June, July and August generally have the most cases of tick-borne disease. With the mild winter we recently had, you can expect to see an increase in the number of ticks emerging this spring/summer.



We have been receiving many tick submissions for testing from residents already this Spring. On the following page are illustrations of what the Blacklegged Deer Tick, American Dog Tick, and Lone Star Tick look like in the different stages of their life cycle, respectively. Please visit <https://www.ccthd.org/vectorbornedisease> to find out how to submit ticks to us for testing.



Remember, when you are going out hiking, doing yard work, or spending time near wooded areas, remember to **BLAST**:

- **B** stands for ‘**B**’athing soon after spending time outdoors.
- **L** reminds everyone to ‘**L**’ook their bodies over for ticks daily and remove them properly. Speedy removal helps avoid disease transmission. Remove ticks carefully by their mouth parts with a tweezer and save them in a plastic bag for identification.
- **A** encourages you to become educated about repellants and ‘**A**’pply them appropriately. Studies have shown that applying 30-40% DEET-based repellant to skin is effective at repelling blacklegged (deer) ticks. The use of repellants, while proven effective, it is a personal decision. For more information on tick repellants, visit the National Pesticide Information Center's [website](#).
- **S** stands for “**S**”praying the yard to reduce tick abundance. Homeowners should consider the benefits of applying pesticide to the perimeter of their yards. Studies have shown that even one application of pesticide at the right time of year and in the best location can reduce blacklegged tick populations by 85 – 90%. Complete information on tick management is available at the Connecticut Agricultural Experiment Station [website](#).
- **T** reminds everyone to ‘**T**’reat your pets. Dogs and cats increase one’s chances of exposure to Tick-Borne Disease. Pets can carry ticks into the home on their fur. Pet owners should be cautious about sleeping with their pets.



## FOOD RECALLS

The following foods are being recalled because they are contaminated. Please check your cupboards and throw out any of these items:

### New this week:

- Planters Honey Roasted Peanuts and Deluxe Lightly Salted Mixed Nuts by Hormel Foods Sales, LLC due to the potential to be contaminated with *Listeria monocytogenes*.
  - *Listeria monocytogenes* is an organism that can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems. Healthy individuals may suffer only short-term symptoms such as high fever, severe headache, stiffness, nausea, abdominal pain, and diarrhea. *Listeria* infection can cause miscarriages and stillbirths among pregnant women.



Brand	Product Description	UPC	BIUB
PLANTERS®	Honey Roasted Peanuts	2900002097	04 11 25
PLANTERS®	Deluxe Lightly Salted Mixed Nuts	2900001621	05APR26

### Previously reported:

- Tama Corporation is recalling Queso de Mano PAISA due to contamination with *Listeria monocytogenes*
- ‘Infinite Herbs,’ and ‘Melissa’s’ Fresh Organic Basil, by Infinite Herbs, LLC due to the potential to be contaminated with *Salmonella*
- Eva Nutrition, Science of Alpha, Niwali, NWL Nutra Tejocote Dietary Supplements by Global Mix, Inc due to containing toxic yellow oleander.
- Helados Mexico, mango bars in the variety pack by Tropicale Foods due to the potential to be contaminated with *Salmonella*.
- Trader Joes Nuts- 50% Less Sodium Roasted and Salted Whole Cashews by Wenders LLC due to potential contamination with *Salmonella*.

For more information on recalls due to food with undeclared allergens, drugs, nutritional/dietary supplements or medical devices please visit: <https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts>

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**Do not forget to follow Central Connecticut Health District on social media!**

FaceBook: <https://www.facebook.com/ccthd4/>

Twitter: <https://twitter.com/CCTHD>

Instagram: <https://www.instagram.com/centralcthealthdistrict/>

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*The Central Connecticut Health District is committed to improving the quality of life in our communities through prevention of disease and injury, fostering of a healthy environment, and promotion of the health of our residents.*